

IN THE CLAIMS

Please amend the claims as follows:

Claims 1-14 (Cancelled).

15. (Currently Amended) A sports drink comprising per 1000 g one or more micronutrients selected from the group consisting of 500-1200 mg ascorbic acid, 250-375 mg vitamin E, carotenoids, 15-25 mg pyridoxine, thiamine, riboflavin, niacin, cobalamin, folacin, Q10, flavonoids, 0.5-1.5 mg copper, 120-175 mg magnesium, 1-3 mg manganese, 0.05-0.15 mg selenium, 5-15 mg zinc, 20-60 mg sodium, 60-100 mg potassium, 15-25 mg β -carotene, and chromium in combination with additives for sports drinks, and viable lactobacilli selected from the group consisting of *Lactobacillus paracasei*, *Lactobacillus rhamnosus*, and *Lactobacillus plantarum* 299v (DSM 9843) and which have a positive effect on human intestinal mucosa.

16. (Cancelled)

17. (Cancelled).

18. (Cancelled)

19. (Previously Presented) A sports drink according to claim 15, which comprises proteins, optionally in combination with amino acids.

20. (Previously Presented) A sports drink according to claim 19, wherein the protein is a whey protein or whey protein hydrosylate.

21. (Previously Presented) A sports drink according to claim 15, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.

22. (Currently Amended) A sports drink according to claim 15, comprising per 1000 g

whey proteins	15-60 g
carbohydrates	40-150 g
micronutrients	1-2 g
Lactobacillus <u>Lactobacillus paracasei</u> ,	
<u>Lactobacillus plantarum</u> or	
<u>Lactobacillus rhamnosus</u>	$5 \cdot 10^7 - 5 \cdot 10^8$ cfu/ml

23. (Currently Amended) A sports drink according to claim 15, comprising per 1000 g:

whey protein isolate	15-60 g
mono- and disaccharides	40-150 g
micronutrients	1-2 g
Lactobacillus <u>Lactobacillus paracasei</u> ,	
<u>Lactobacillus plantarum</u> or	
<u>Lactobacillus rhamnosus</u>	$5 \cdot 10^7 - 5 \cdot 10^8$ cfu/ml

24. (Currently Amended) A tablet for the preparation of a sports drink according to claim 15 in vivo or in vitro, comprising micronutrients in combination with freeze-dried,

viable lactobacilli selected from the group consisting of *Lactobacillus paracasei*,
Lactobacillus plantarum and *Lactobacillus rhamnosus*.

25. (Previously Presented) A method of treating stress symptoms, gastrointestinal disturbances, and lesions of the mucosal membrane of the intestines in an individual in need thereof, comprising providing the sports drink according to claim 15 to the individual wherein the sports drink is ingested by the individual in an amount sufficient to treat stress symptoms, gastrointestinal disturbances and lesions of the mucosal membrane.

Claims 26-28. (Cancelled).

29. (Previously Presented) A sports drink according to claim 19, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.

Claims 30 -35 (Cancelled).

36. (Cancelled)

37. (Currently Amended) The sports drink according to ~~claim 36~~claim 15, wherein the viable lactobacilli are *Lactobacillus plantarum* 299v.

38. (New) The sports drink according to claim 15, wherein the viable lactobacilli are *Lactobacillus paracasei*.

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39. (New) The sports drink according to claim 15, wherein the viable lactobacilli are
Lactobacillus rhamnosus.